



MEDICAL MINUTE

Vol 4, No 2 Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

April 2005

2005 Exercise Balikatan Civic Action Program

Balikatan MEDCAPs Provide Needed Care

by U.S. Air Force

Staff Sgt. Marcus McDonald

Exercise Balikatan CIB Public Affairs

LAGUNA PROVINCE, Philippines - More than 9,000 people and 500 animals have received free medical, dental and veterinary care as part of the 2005 Exercise Balikatan Civic Action Program in the Laguna and Quezon Provinces.

U.S. Army Col. David Crudo, MEDCAP officer in charge, said there's been a tremendous turnout in the first five of 11 scheduled clinics.

"Each clinic has been extremely successful," said Crudo, deployed here from Tripler Army Medical Center in Hawaii. "We're not totally overrun but there are always patients to see."

Working alongside their Armed Forces of the Philippines (AFP) counterparts helps the U.S. medical team provide better care in this part of the world.

"There are certainly some symptoms here

in the Philippines that our docs have never seen before so it's nice to have someone who has and can teach you how to treat them," Crudo said. "It's also important on the U.S. side that our healthcare providers learn how to do medicine in an austere environment without your usual accompaniment of labs, X-rays and a huge pharmacy where you get your pick of

See **Balikatan MEDCAPs**, page 8



U.S. Army and A.F. of the Philippines medical personnel unpack pharmaceuticals and set up in a school classroom in Infanta, Philippines for medical relief efforts.

U.S. NAVY PHOTO:
PH2(AW/SW) JUSTIN P. NESBITT

Red Cross Volunteers: Priceless

by Margaret Tippy

Tripler Army Medical Center

Public Affairs Office

Tripler Army Medical Center's Red Cross Station Coordinator Rita Salvanera and her dedicated volunteers put on a splendid breakfast buffet Volunteer Recognition Ceremony March 11th in Tripler's Dining Facility.

Lt. Col. Joanna Reagan, American Red Cross & Tripler liaison, and deputy chief of Tripler's Nutrition Care Division, and Chrystin Salvanera, Red Cross special events volunteer, were key to making sure the ceremony went smoothly and assisted making sure the special bamboo table decorations, flowers, tablecloths, awards

See **Red Cross**, page 10

The February *Medical Minute* listed many Soldiers who have served in the Global War On Terrorism (GWOT) with incorrect ranks. Following is a corrected list. We apologize for the incorrect information. Thank you.

Col. Calvin Bricker Delaplain
Col. Arthur Gilbert Kane
Col. Michael Allan Madsen
Lt. Col. John Hall Farley
Lt. Col. Thomas Briggs Francis
Lt. Col. Richard K. Kynion
Lt. Col. Matthew Scott Rettke
Maj. Richard Dario Ares
Maj. John A. Benson
Maj. Gregory T. Bramble
Maj. Sean T. Carroll
Maj. Lance Edward Cordoni
Maj. Barnett Tyler Gibbs
Maj. Cristos Hatzigeorgiou
Maj. Terrence Lee Lakin
Maj. Joseph Kalalang Llanos
Maj. Vinh D. Luu
Maj. Robert Howard Nelson
Maj. Bertram C. Providence
Maj. Manish Kumar Varma
Capt. Trang Nguyen

SFC Willie Larnear Campbell
SSgt. Mark Andrew Nace
Col. Charles Willis Callahan
Col. Gerald Davis Evans
Coll an Henry George Freeman
Col. Larry Charles James
Col. Christine Marie Piper
Lt. Col. Howard F. Detwiler, Jr.
Lt. Col. Peyton Hobson Hurt
Lt. Col. Kevin James Mork
Lt. Col. Chet Aaron Morrison
Lt. Col. Ronald David Prauner
Lt. Col. John Jeffrey Stasinos
Lt. Col. Gregory Paul Thibault
Maj. Charles Parkhurst Buck
Maj. Wayne Bun Leung Chun
Maj. Michael Edwin Click
Maj. Donald Lee Helman, Jr.
Maj. Bradley Joseph
Kamrowskipoppen
Maj. Robert Edward Kutschman

Maj. Joel Edward Lee Meyer
Maj. Cynthia Lynne Sveine
Maj. Manish Kumar Varma
Capt. Timothy S. Adams
Capt. Mark Jacob Berkowitz
Capt. Lisa M. Breece
Capt. Millard D. Brown III.
Capt. Mona R. Bullard
Capt. Mary Lynn Condeluci
Capt. Kyle Eugene Ewing
Capt. Jarrel K. Holmes
Capt. Kenneth M. Kudelko
Capt. Kelley C. McClendon
Capt. Bridget R. McIlwain
Capt. John A. Murphy, Jr.
Capt. James Randa Sellers
Capt. Amy Raye Thomas
SFC Guillermo Rene Obando
SSgt. Christina Maria Bristol
SSgt. Larry Mark Bristol
SSgt. Miguel Angel Cruzrivera

SSgt. Keith Frederick Frain
Sgt. Tito Aspiras Araos, Jr.
Sgt. Brian Lemont Ayers
Sgt. Henry Albert Bartlett
Sgt. Gary Anthony Croston
Sgt. Chidera Linda Egu
Sgt. Robert Michael Hatchett
Sgt. Jeromy J. Herbert
Sgt. Bryan Russell Jones
Sgt. Chimea Monique Harris
Sgt. Michael James Martin II
Sgt. Nakashia Denise Price
Sgt. Nathaniel Chandos Schultze
Sgt. Marvin Gaye Spencer
Cpl. Joseph Christopher Luna
Cpl. Richard Martinez II
Cpl. Erik Alan St. Peter
Lt. Col. Thomas W. Wisenbaugh
Maj. Raj. C. Butani
Maj. Sharon Yvonne Jackson
Capt. Matthew James Bishop

Capt. Dixie D. Bray
Capt. Mary A. Johnson
Capt. Ryan Jude Keneally
Capt. Rudolph Louis Pavlesich
Capt. Barbara Ann Spero
1st Lt. Paul B. Masters
Sgt. Johnny Phillip Foster, Jr.
Cpl. Rohan Adaryll Ryan
Cpl. Eddy Calixto
Cpl. Nathaniel Zeno Conley
PFC Matthew Scott Shahbaz
Maj. Jeffery Scott Croley
Lt. Col. Thomas Kieran Curry
Lt. Col. Daniel Joseph Donovan
Maj. Raymond Joseph Emanuel
Maj. Joseph Roy Orchowski
Maj. Scott David Uithol
Capt. Edward Francis Burke
Capt. Kyle Eugene Ewing
Capt. Christopher Glenn Morris
SSgt. Tina Lynn Hamilton

PROVIDED BY TROOP COMMAND'S MILITARY PERSONNEL

Why We Use Command Sgt. Maj. vs CSM or Lt. Col. vs LTC Most of the Time

by Margaret Tippy
Pacific Regional Medical Command
& Tripler Army Medical Center
Public Affairs Officer

Overheard in a Tripler Army Medical Center elevator while two people are reading our newspaper *Medical Minute*, “Jeez, you’d think the PAO would get military ranks right in their newspaper....”

I wanted to let you know we do get the military ranks correct. We don’t use military-style, ranks we use journalism-style ranks from The Associated Press Stylebook or AP Stylebook. We use these ranks because they are understood by a majority of people – both military and civilian. That’s why you’ll see lieutenant colonel in the

newspaper as “Lt. Col.,” instead of “LTC.”

We want the greatest number of people to understand what we write. Ditto on titles such as “Margaret Tippy, Public Affairs officer.” The officer is lowercased in text because with AP Style guidelines, when the title is after the name, the position is lower case. This applies to everyone.

Next time you read a civilian newspaper, recognize how the president – not the President – is addressed. It’s correct to write “President George W. Bush” or “George W. Bush, president of the United States.” And on second reference, it’s correct to write “Bush” or “the president.”

Same common-sense guidelines apply to times. We use civilian times because the majority of people understand “3 p.m.”

while many aren’t sure what “1500” hours means.

Just the quirks of journalism – which come to think about it – apply to most professions. When writing term papers in college, we had to follow guidelines put out by the college in a certain manner to identify our references and give credit to other sources.

It also makes it much easier for us to send out our press releases to civilian and military publications – most of which follow AP Style guidelines.

One exception we will continue using promotee and awardee lists with the ranks as they are sent to PAO. We do not have a typist to redo these lists and we print them for staff to receive recognition and kudos. So, please, congratulate folks when you see their names in print!

If you have any questions about why things are the way they are in our newspaper, please don’t hesitate to ask.

Let’s Concentrate on All the Positive Tripler Happenings

by Margaret Tippy
Pacific Regional Medical Command
& Tripler Army Medical Center
Public Affairs Officer

It is always rough when we hear negative news about Tripler Army Medical Center making news. We have had some sad situations recently being reported.

I believe we need to remember that both good and bad happen everyday in any job situation. The problem is the news rarely focuses on the positive – they say the negative, sensational happenings are what attract viewers.

I am sure many of you have heard the phrase “If it bleeds, it leads” referring to national and local television and print media, and that is true here as well.

So, chances are the great, positive accomplishments that happen day in and day out at Tripler, Schofield Barracks Health Clinics and other organizations we are associated with aren’t going to receive much play in the news.

We’re going to have to remind ourselves of the positive events going on here and provide each other with positive remembrances of the good.

How about the fact we did so well on JCAHO (Joint Commission on Accreditation of Healthcare Organizations)? That took a whole lot of effort from everyone. Ably coached by John Henry, chief of Quality Services Division, we came out of the survey with very positive feedback from the surveyors. We hope to be able to report more on this very soon, and let you know more positive information.

First kudos have to go to all our patient care areas – our Nurses, Physicians, the Emergency Department, all the clinics, wards, laboratory, pharmacy, radiology at both Tripler and Schofield – all providing services to our deserving patient population.

Without our Patients, we wouldn’t have jobs – clinical or administrative. We need to focus on making our Patients’ our priority.

Look at the wonderful jobs our Soldiers, Sailors and Airmen have done and are doing in Iraq, Afghanistan, Balikatan, and humanitarian missions throughout the world.

Preventive Medicine’s Community Health Nursing is getting ready to provide another outstanding health fair to the 800 students of Moanalua Elementary School as they have for three years running. It takes a

lot of blood, sweat, tears and volunteers to make the health fair a success. Thank you to Maj. Mary Christal and Norma Suarez and their team for pulling it all together.

How about Patient Administration Division’s Staff Sgt. Lydia Ortiz of the Global War On Terrorism (GWOT) Office? We’ve seen close to 400 wounded and injured Soldiers and Marines comes back to Tripler. She has been the glue that has kept the GWOT Team going, assisting with

See Positive Happenings, page 7

 **MEDICAL MINUTE** 
<http://www.tamc.amedd.army.mil>

Volume 4 • No. 2

April 2005

Commanding General Maj. Gen. Gale S. Pollock
Public Affairs Officer Margaret Tippy
Public Affairs Specialist Les Ozawa
Production & Design For Color Publishing

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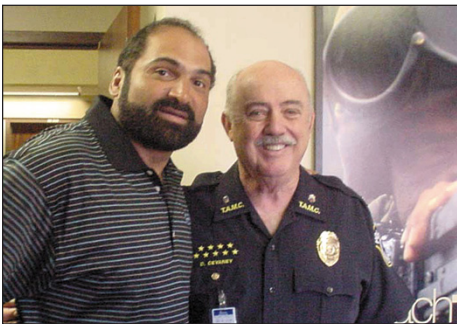
It is published monthly by offset printing by the Public Affairs Office, Tripler Army Medical Center, 1 Jarrett White Road, TAMC, HI 96859. Staff can be reached at (808) 433-5785 or TAMCPublicAffairsOffice@amedd.army.mil. Circulation: 1,500.

Tripler Celebrates Army Nurse Corps' 104th Birthday



CELEBRATE! – Tripler Army Medical Center's most junior and most senior nurses on active duty (from left), 2nd Lt. Jessica R. Stults, Ward 6B2 staff nurse, and Maj. Gen. Gale S. Pollock, Tripler's commanding general, cut a birthday cake Feb. 4 at the Tripler dining facility, to commemorate the 104th birthday of the U.S. Army Nurse Corps. The Tripler celebration included displays of historic documents and uniforms of the Army Nurse Corps from the Civil War to the present. The Corps' history was also presented in Tripler's training lecture series and televised several days on the hospital's closed circuit channel.

Maj. Mary Christal, officer-in-charge of Tripler Army Medical Center's Community Health Nursing, displayed her collection of Army nurses' uniforms from World War I to the present at the Tripler dining facility.



A BANNER DAY FOR ALL OF US. – Today America's PMO at Tripler as General Tommy Franks named us, had the honor of a surprise visitor, Franco Harris, All Pro Pittsburgh Steeler stopped by. We coordinated a visit with the 3B2 staff and Franco, who was born at Fort Dix, NJ in 1950 graciously accepted our offer to visit them. He is charismatic with an aura of gentleness and sincerity. Sergeant Sanchez, NCD and SOT member is escorted him throughout Tripler.

When silence is not golden

Cochlear Implant Surgery Offers Hearing-Impaired the Gift of a Lifetime

(Editor's Note: The listing of websites in this release and the appearance of information, products or services on these websites do not constitute endorsement by Tripler Army Medical Center, Pacific Regional Medical Command, the Department of the Army, the Department of Defense, or the U.S. Government, of the information, products, or services contained therein.)

by Les Ozawa
Tripler Army Medical Center
Public Affairs Office

The 'Aha!' moment for me with Makayla Houston came when she was heading for the double doors to leave," said Susan Grau, Tripler Army Medical Center's pediatric speech therapist.

"I was behind her and said, 'Push!' Dr. Ramsey just happened to be walking down the hallway when she said, 'Tush!'"

"Dr. Ramsey said, 'She heard you! She wasn't looking and she heard you!' Makayla had understood and came back with her version of the same word," said Grau.

That was just one hurdle, but a very significant one, for the then three-year-old, strong-willed toddler, in her journey towards learning speech as a means of communication. Grau renewed her efforts to go over dozens of sounds and carefully selected words with Makayla, teaching her to control the movement of her breath and parts of her mouth and throat, and to correctly imitate and reproduce the speech sounds she heard.

For centuries, deaf people have developed a separate, but rich cultural space in which to live with the rest of society. They have developed their own ways of communicating to others, through signing, lip-reading and other silent cues.

Technology developed in the 1980's, however, has aided tens of thousands of people who could not be helped with conventional hearing aids. "Cochlear implants have brought hope to many people who are hard-of-hearing or deaf," said Maj. (Dr.) Mitchell Ramsey, co-director of Tripler's cochlear implant program.

"At first, people thought this would never work," said Ramsey. "Through a number of different engineering advances, auditory research, safety trials and most importantly, working with patients, cochlear implants have become a large success."

The technology has taken off, according to the Tripler otologist (ear specialist). While cochlear implants (CI) are still relatively rare

in Hawaii, their use has expanded widely in the rest of the nation, and in Europe and Asia. In 1994, there were approximately 6,000 CI users worldwide. Today there are about 60,000 users.

"It's widely accepted as the medical standard of care for patients with severe to profound hearing loss, who don't benefit from hearing aids but who choose aural/oral communication," said Ramsey. The procedure, first approved by the FDA in 1985, is covered by most medical insurance, including Medicare and TRICARE. In 1999, the FDA approved the surgery for children as young as one year old.



PHOTO: LES OZAWA

Sgt. Jason Houston (from left) goes over flashcards with his daughter, Makayla, to help her practice speech sounds, while she is coached by her mother, Jessica, during a speech therapy session at Tripler Army Medical Center. The Houstons, formerly of Wahiawa, recently moved to Charleston, S.C.

While the surgery itself runs in the tens of thousands of dollars, cost-effectiveness is not an issue. A Johns Hopkins University study compared this procedure to other surgeries like knee replacement and pacemaker. The study looked at lost income and quality of life. Other studies have looked at the cost savings of mainstreaming hearing-impaired students into regular schools. "Cochlear implants are one of the best medical values available," said Ramsey.

In the past two years, Ramsey has performed nine implant surgeries on adults as well as on young children. While his practice is limited to Department of Defense

See **Cochlear Implants**, page 11

Less Paper with Better Care

Tripler Phasing in New Military Computer-Based Medical Record System

by Lt. Col. Cherub I. Williamson
Tripler Army Medical Center,
Family Medicine Clinic

A revolution in U.S. military medicine is coming to Tripler Army Medical Center in May. Tripler's staff is now installing and being trained to use a new, computerized system called the Composite Health Care System II (CHCS II). CHCS II will eventually replace service members' and their family members' paper medical files at Tripler, as well as at all military medical facilities around the world.

Today, most information about patients are recorded and stored on paper, requiring hundreds of feet of shelf space at clinics and hospitals for patient medical records. CHCS II will eventually be used to record and store all military patients' medical information in one large, computerized database on the mainland going back to August 2003. The days of large paper

medical records and stacks of handwritten documents will slowly come to an end.

Initially, medical records will continue in paper form at facilities caring for patients. However, all new records will also be entered into the CHCS II database. This will allow authorized medical providers in military hospitals worldwide to view online a single, up-to-date record for each patient.

This system will eventually eliminate duplicate files, which always have the risk of not including the latest information about a patient. Through CHCS II, a healthcare provider can easily check to ensure a patient's prescriptions aren't in conflict. Another advantage of CHCS II is that patients won't have to repeat lab work and x-rays, simply because their paper records are not readily available.

In preparing for CHCS II, medical histories from August 2003 of all patients are being entered into the centralized database. Patients with medical histories

earlier than that date, however, will continue to have their paper records on file, to supplement their electronic medical records. However, as new visits are completed, the new entries in the electronic health record will eventually cover all the information in the paper record.

CHCS II is a Department of Defense-wide medical initiative that started in January 2004 at seven U.S. military hospitals. It was introduced to medical facilities in Europe in January 2005. The Pacific region is the last major geographic area to be phased in. By the end of 2006, the system will include all Department of Defense medical facilities, including dental facilities.

As part of the transition, healthcare providers, their support staff and other facility personnel are now being trained to use the new CHCS II software program. To allow doctors and other healthcare providers' time to learn how to enter and obtain information about their patients into CHCS II, longer and fewer appointments per day will be scheduled for patients. However, to reduce the impact on patient care, only a few providers in each clinic will be involved in the training at any particular time.

Schofield Barracks, Tripler Opens New Obstetrics & Pediatric Clinic Feb. 1st



Dedication of Tripler's New Obstetrics/Gynecology & Pediatric Clinic at Schofield Barracks: Col. (Dr.) Braden Shoupe, Department of Pediatrics, left, Victoria Olson, spouse of Maj. Gen. Erik T. Olson, commanding general, 25th Infantry Division, Reverend William Kaina, and Lt. Col. (Dr.) Holly Olson, Department of Obstetrics/Gynecology, untie the Maile Lei opening Tripler Army Medical Center's New Obstetrics/Gynecology & Pediatric Clinic Feb. 1st at Schofield Barracks. Reverend Kaina offered the traditional Hawaiian Blessing to the group with prayer just prior to the untying.

A new Tripler Army Medical Center Obstetrics/Gynecology and Pediatric Clinic opened at Schofield Barracks Feb. 1st, 1 p.m. with a ceremony, refreshments, and tours.

The clinic, located within the Schofield Barracks Health Clinic complex, has been completely renovated and is located in Building No. 680 to the right of the Schofield Barracks Troop Medical Clinic. Services will be limited initially but will include providing care to patients with uncomplicated pregnancies up to 40 weeks, Well-Woman exams, and Well-Baby and Same-Day Pediatric appointments, said Lt. Col. Patricia A. Wilhelm, officer in charge and head nurse of the clinic. Wilhelm may be reached at 433-8174.

Pediatric patients empanelled to Tripler Army Medical Center but whose families live closer to Schofield can make

appointments by calling 433-6697, ext. 1. Obstetrics appointments are made through the mothers' medical support assistant at Tripler.

An Obstetrics Nurse Practitioner and a Pediatrician see patients by appointment only 8 a.m. – 4 p.m., weekdays. The clinic will eventually expand its services to meet the needs of the community.

ASSIST staff will also use clinic space to work with families. ASSIST stands for Augmentation of Special-needs Services and Information to Students and Teachers – an innovative school-based telehealth technology.



Reverend William Kaina, speaks to the crowd gathered for the opening of Tripler Army Medical Center's New Obstetrics/Gynecology & Pediatric Clinic Feb. 1st at Schofield Barracks.

MAD HATTER TEA PARTY

By Chris Twomey, 13
Special Correspondent

Editor's note: Medical Minute Special Correspondent Chris Twomey's mother is currently receiving chemotherapy at Tripler Army Medical Center

On Tuesday, March 1, a wonderful event took place in the Tripler Army Medical Center Allergy Clinic conference room. The event was held to help little girls cope with their moms in chemo-therapy. It is called (as you may have already guessed) the Mad Hatter Tea Party.

This reporter happened to be there to report on this happy occasion. Girls around the age of 5 attended, along with their ...er...mothers-going-through-Chemo. General Pollock also attended. The organizer for the whole affair was Dr. Pat Nishimoto. The servers were Dr. (Bob) Scheffler and Dr. Berenberg. Many assistants from the hemo-oncology staff also helped.

Once everyone had sat down, the servers came around, offering everything from tuna

sandwiches to peanut butter puffs (for dessert), cake and cookies, made single-handedly by Teresa Stevens. After everyone had eaten, Dr. Sheffler told the story of why they had the Mad Hatter Tea Party.

About three years ago, there was a little girl who had a mommy going through chemotherapy. She told her best friend that her mom was...er...hairless, but she didn't believe her, so they got into a big fight, and the little girl punched her best friend in the stomach. And so, because of that, the hospital staff came up with the idea of the Mad Hatter Tea Party, to show the little girl that her mommy wasn't the only one who was...er...bald.

Because it was such a success, and because it not only helped the little girl, but also the other girls who came, it is held when needed. When asked how she felt about the event, one of the five-year-old girls at this party said, "I thought it was really fun, and the treats were delicious."



PHOTO: LES OZAWA

Tea for More than Two. Tripler Army Medical Center's hematology-oncology clinic held a tea party for its patients and their children March 1. Clinical oncology nurse Dr. Pat Nishimoto began organizing such events several years ago, when she learned how her patients' children were teased by their classmates about their parents losing their hair due to chemotherapy. For the party, patients and staff dress in their finery (and stylish hats) for the fun event. Seated from left are Amanda Landro; Maggie Minary; Dr. (Col.) Jeffrey Berenberg, chief of the hematology-oncology clinic; Laura Landro; Olivia Bruce; Dr. (Col.) Robert Sheffler, oncology staff doctor; and Juliet Twomey. Standing in foreground is Jessica Rios and standing at back is Christopher Twomey.

Preventive Medicine Army Community Health Protection

Tripler Army Medical Center Preventive Medicine Department
(See contributing authors below)

HONOLULU—National Public Health Week will be celebrated April 4 through 10 this year. The purpose of this national celebration is to recognize the contributions of public health to the strength of our nation and to bring public awareness to the major health issues that affect our communities.

The Preventive Medicine Department at Tripler Army Medical Center is responsible for the Army's public health mission in Hawaii. Just like local public health departments, Tripler's Preventive Medicine Department's role is to prevent epidemics and the spread of communicable diseases, protect the military community against environmental hazards, prevent injuries, and promote and encourage healthy behaviors.

Tripler's Preventive Medicine staff includes physicians, physician's assistants, nurses, technicians, and specialists in the areas of Community Health Nursing, Infection Control and Epidemiology, Occupational Health, Industrial Hygiene,

Health Physics, Entomology (study of insects), and Environmental Health. The dedicated staff is responsible for the numerous public health activities throughout the military communities in Hawaii, providing a healthy and safe environment to Hawaii's Army Community and enhancing the U.S. Army Hawaii's military readiness.

The Preventive Medicine team's primary responsibility is to identify, control, and report communicable diseases that can spread rapidly throughout the population. Communicable diseases are diseases that can be passed from people, animals, or the environment to individuals. They can be spread a number of ways, including through the air, through contaminated food or water, or in some cases through vectors, such as mosquitoes. Some examples of communicable diseases are tuberculosis, measles, and sexually transmitted diseases, such as HIV. Chickenpox and conjunctivitis or "pink eye" are also communicable diseases. The most important aspect of controlling the spread of all these diseases is to prevent their occurrence in the first place. The Preventive Medicine Department accomplishes this

through education, inspections, and community surveillance.

The Environment Health Section performs potable water testing and conducts inspections of all on-post food service facilities (including military dining facilities and AAFES concessionaires), barber and beauty shops, daycare centers, and swimming pools for compliance with health, safety, and sanitation standards. The environmental science officer, entomologist, and preventive medicine specialists also consult on a wide variety of environmental health issues, such as insect and rodent control, hazardous materials, and waste management.

The Community Health Nurses have a large and varied mission in the areas of health promotion and disease prevention. This includes health screenings, classes and counseling on fitness, blood pressure, body fat analysis, communicable diseases, and smoking cessation. These services are provided during Soldier inprocessing, at health fairs, and other community events. The goal of all these interventions is to

See Preventive Medicine, page 10

AKO Supports Army Library Program

Army News Service

FORT BELVOIR, VA (Army News Service, March 4, 2005)— Army Knowledge Online is partnering with Army Libraries to provide a broad scope of Army information that is readily accessible 24 hours a day. The AKO site, which serves as the Army Libraries Community page, provides user authentication and access to those services restricted to authorized Army users.

The Digital Army Library Service is the Army Library Program's homepage and its virtual library. Featuring a worldwide network for an Army in transformation, ALP has 81 general, 67 technical, 24 academic, and six other special libraries. DALs also features 18 databases holding 8,000 full text journals and 2,675 e-books that were funded by the U.S. Army Community & Family Support Center. Additionally, DALs provides access to

For Further Information

Army Library Program and Related Sites

MEDCOM Library home page: <http://medlinet.amedd.army.mil>
(Used most frequently at Tripler Army Medical Center, according to Mabel Trafford, our chief librarian)

Army Libraries Community Page: <https://www.us.army.mil/suite/login/welcome.html>

Digital Army Library Service (DALs): <http://www.libraries.army.mil>

Library Reference Center: <http://www.libraries.army.mil/refctr.htm>

Military Education & Research Library Network (MERLN): <http://merln.ndu.edu>

2,000,000 items from 34 military libraries in the Military Education and Research Library Network.

Supporting deployed soldiers, DALs institutionalized AKO user desktop access to a 24/7 Ask A Librarian Service. Launched on AKO in May 2003 and accessible to 1.7M users, this service shares expertise across the Army worldwide. It leverages the expertise of librarians in 29 global Department of Defense libraries; facilitates access to

unique Army print collections; and supports concurrent creation of an Army knowledge base.

A strategic, knowledge-management resource, the Army Libraries Program enables the Army to gain and maintain full-spectrum knowledge superiority. Teaming with AKO, ALP concurrently facilitates education, self-development, training, research, outreach, well-being, and lifelong learning for Army soldiers, civilians and families.

Graduates from Tripler's Obstetrical-Gynecologic Nursing Course

Ten nurses graduated from Tripler Army Medical Center's Obstetrical-Gynecologic (OB/GYN) Nursing Course Jan. 21 in a ceremony at the Tripler chapel. The 16-week course, including eight weeks each of academic and clinical training, prepared them for assignments in labor and delivery, postpartum, and clinical work in obstetrics and gynecology.



READY FOR LIFE'S PRECIOUS MOMENTS: Back row, from left are: 1st Lt. Marcia Rhoden-McCatty, 1st Lt. Jamie Wood, 1st Lt. Nicole McKenna, 1st Lt. Laurie Kwolek, and Capt. Melody Kongndoumbe. Front row, from left are 1st Lt. Preata Jackson; 1st Lt. Lisa Gaskin; 1st Lt. Ashley Sisson; 1st Lt. Monica Whiteside; and 1st Lt. Brenda Ploof.



OUTSTANDING NURSE: 1st Lt. Laurie A. Kwolek is awarded an Army Commendation Medal Jan. 21 by Col. Vicki Odegaard, Tripler Army Medical Center's assistant chief nurse, while Lt. Col. Ann Hochhausen, obstetrical/gynecologic nursing course director, looks on. Kwolek was named the honor graduate of her graduating class of the nursing course. She was also cited for helping to organize her fellow students to "adopt" four families through the Salvation Army's Christmas Adopt a Family program, and to participate in Hawaii's "Race for the Cure" 5K Run fundraiser for the Susan G. Komen Breast Cancer Foundation last October.

Soldier Receives Purple Heart at Tripler Army Medical Center



The Purple Heart is an American decoration—the oldest military decoration in the world in present use and the first American award made available to the common soldier. It was initially created as the Badge of Military Merit by one of the world's most famed and best-loved heroes—General George Washington.

His eyes brimming with emotion, Spc. Nathan Moretti simply said, "Thank you. Thank you," after being awarded the Purple Heart by Tripler Army Medical Center Commanding General Maj. Gen. Gale S. Pollock. More than 20 fellow Soldiers, friends, and family members crowded around Moretti's room at Tripler Army Medical Center to witness the March 1 award ceremony.

Spc. Nathan Moretti, 21, received a Purple Heart Award from Tripler Army Medical Center Commanding General Maj. Gen. Gale S. Pollock at a bedside ceremony March 1.

Moretti is recovering from wounds he received Feb. 13 in Bagram, Afghanistan. He was wounded while driving a heavily armored Humvee, the second in a three-vehicle convoy on routine night patrol outside the Army base.

The military policeman was driving 25 yards behind the lead Humvee, when the front right tire of his Humvee triggered two landmines simultaneously. The mines exploded, rocketing the Humvee several meters in the air before it landed, facing backwards.

The explosion shattered Moretti's

lower right leg and threw him out of the Humvee. The force of the explosion also threw the Humvee turret gunner, Spc. Shawn Williams, 20 feet behind the vehicle. Williams and the right seat passenger, Sgt. Joshua Phillips, who remained in the vehicle after it was hit, were not seriously hurt.

After being treated on-scene, Moretti was immediately evacuated to the U.S. Army hospital in Landstuhl, Germany and on to Tripler, where he arrived Feb. 20. The two-year, eight-month Army veteran is now recuperating from surgery to his leg.

Moretti is assigned to the 58th Military Police Company of Schofield Barracks, which deployed to Afghanistan in April 2004. The unit is scheduled to return to Hawaii this April.

Positive Happenings, continued from page 2

donations for our Patients and always going the extra mile!! Thank you, Staff. Sgt. Ortiz!

Then there's staff like Deb-B Kamisato, our Customer Satisfaction coordinator with the Patient Representative's Office. She seems to always go the extra mile to assist patients and staff alike, resolve issues, pass on compliments, and make Tripler a better place to work and be treated as patients.

And how about two of the hardest

working sections we have at Tripler who rarely receive recognition – our Information Center led by Annie Delapena, and our Housekeeping Staff that falls under Woody and keeps this place remarkably clean for all the traffic passing through.

Our Information Center has such a difficult and varied job getting any and every kind of question possible 24 hours a day, seven days a week. And we couldn't exist without the housekeeping staff taking care of all kinds of spills and situations. Thank you to all the women and men

April is Child Abuse Prevention Month

by 1st Lt. Jenice Francis,
Community Health Nursing
Tripler Army Medical Center

In 1989, Bonnie Finney of Norfolk, Va., decided to take a stand. Her grandson was found in a toolbox at the bottom of a swamp, three months after he was killed. She tied a blue ribbon on her van to tell her community and the world about the death of her grandchild.

Today, Finney's blue ribbon has come to symbolize the bruised and battered body not only of her grandson but the many other abused children across the nation, especially during Child Abuse Prevention Month in April.

Tripler Army Medical Center's Community Health Nursing (CHN) is joining other Hawaii organizations in next month's Child Abuse Prevention Month campaign. As part of the campaign, CHN clinics and the New Parents Support Program at Tripler and at Schofield Barracks are now collecting teddy bears for Hawaii's children. This eighth annual teddy bear roundup ends Friday, April 1. The stuffed animals will be presented to various organizations to give to abused children they help.

In April, CHN will be distributing blue ribbons at its offices and clinics. Wearing the ribbon or tying it on your vehicles will remind people about this very preventable but real problem in our families, neighborhoods, and communities. Hawaii's Child Protective Services System recently reported 4,762 cases of child abuse and neglect in 1998.

CHN will also conduct other activities during the month of April to help prevent child abuse. Awareness and education is the key to preventing child abuse.

For more information, please contact me at 433-2110.

provide those services every day.

Well, those are just some of the positive people, areas, and happenings at Tripler. I wish I could mention everyone but there isn't space. Just remember, you are a Valued and Important Member of this organization.

Medical Minute Kudos

Awardees:

NAVY CAPT KARL HOLZINGER		NAVY Certificate for the mission in Vietnam
MAJ JOSEPH SNIEZEK	MSM*	For great Service in Dept. Of Surgery
MAJ RANDY C. CASSELS	MSM*	Service from Previous Unit
CPT MILLARD BROWN	MSM*	Outstanding service in Department of Psychiatry
CPT LISA D. CARCHEDI	MSM*	Outstanding service in Department of Psychiatry
SFC DAVOD POPPERT	MSM*	Outstanding service in Provost Marshal's Office
SFC JERRY SHAKUR	MSM*	Outstanding service in Department of Nursing

*MSM = Meritorious Service Medal

Promotees:

Congratulations to the following individuals for their selection for promotion to Colonel:

LTC Burmeister, Karen L MC Pathology	LTC Petermann, Gregory W. MC Radiology
LTC Hughes, Nancy J. AN Nursing	LTC Quirk, Willard F. MC Psychiatry
LTC Johansen, Luther B. MC Psychiatry	LTC Ruiz, Judith AN Nursing
LTC Larsen, Wilma I. MC OBGYN	LTC Wascher, Robert A. MC Surgery
LTC Pedersen, Anita M. MC Pediatrics	

For promotion to Lieutenant Colonel:

MAJ Scott Schuler	MAJ Cherub Williamson
MAJ Jeffrey Smith	

For promotion to Staff Sergeant:

SSG Shawn Black	SSG Brian House
SSG Bryan Key	

C.A.R.E.S Awardees:

CARES stands for **Compassionate * Attentive * Responsive * Enthusiastic * Smiling ***

CPT Steve Hong, Officer Award	Darla Schertz, Civilian Award
SSG Marvin Williams, NCO Award	

Civilian Service Awards:

Francisca Goze	30 year certificate and pin	30 yrs of service
Doris Thorpe	25 year certificate and pin	25 yrs of service
Yolanda Johnson	25 year certificate and pin	25 yrs of service
Adalene Hashimoto	15 year certificate and pin	15 yrs of service
William Mills	15 year certificate and pin	15 yrs of service

ARMY DOCTORS ACTIVE IN CIVILIAN COMMUNITY – Lt. Col. (Dr.) Joseph Pina, left, Tripler Army Medical Center's chief of Pulmonary & Critical Care Medicine, and president of the Hawaii Thoracic Society (HTS), accepts an award at the Congress of Lung Association of Staff (CLAS) meeting in Scottsdale, Ariz., Feb. 25. Also accepting the award is Claudia Clement, center, an administrator with the American Lung Association of Hawaii (ALAH); and Dr. Sharon Rounds, president of the American Thoracic Society. The award was given following the yearly Hawaii chapter's Pulmonary Disease and Critical Care Seminar held in Maui attended by 100 pulmonologists, internists, physicians assistants, and nurses from the mainland, Canada, Hawaii, and the Philippines. The focus of the conference was asthma, lung infections, sleep apnea, Chronic Obstructive Pulmonary Disease (COPD), and Intensive Care Unit (ICU) ethics. The award is a Congress of Lung Association of Staff award, which is given to different ALA chapters annually for outstanding contributions to the ALA's efforts to improve the lung health of the nation (such as fighting asthma and tobacco abuse). The HTS and ALAH put on asthma camps, conduct emphysema support groups, advance initiatives in tobacco cessation and other lung health activities all over the state. Col. (Dr.) Benjamin Berg, chief of Tripler's Directorate of Health Education & Training, is the former HTS president.



PHOTO: LT. COL. (DR.) JOSEPH PINA

Balikatan MEDCAPs, continued from page 1

drugs. They learn to make diagnoses based on their clinical skills and treat them with the medicines available."

AFP Medical Corp Capt. Farida Suplido said working with U.S. medical personnel has been a learning experience.

"During each MEDCAP, I've gotten a lot of ideas from my U.S. counterparts on how to treat patients," said Suplido, an emergency physician. "This interaction has allowed me to develop my medical skills and be more confident in dealing with people regardless of their personality or culture."

U.S. Army Sgt. Chad Ramme, veterinary technician from Hickam Air Force Base, Hawaii, agreed.

"It's a wonderful experience to see how other countries and other military services perform their functions in regard to how I do my job," Ramme said. "They have

techniques that I haven't seen before that I'm probably going to take back to my job site.

Ramme said the Filipino people they've met have been very grateful and satisfied with the care they and their animals have received.

"We have people who bring their animals in and thank us profusely," he said. "It's good to see them come out with smiles on their faces when they come and especially after their pets have received care."

Cecile Adornado, who visited the General Nakar Elementary School site in the Quezon Province, stressed the significance of the MEDCAPs.

"The medical care we received is very important because most of us cannot afford it on our own," said 22-year old Adornado. "We want to thank everyone who came to help. May God bless you all for your efforts."

Rose Santileces, one of the participants in

the clinic at the Liliw Elementary School MEDCAP site in the Laguna Province, showed her appreciation for the BK 05 participants.

"Everyone at the clinic has been very patient, friendly and kind to us," said 24-year old Santileces. "It's really thoughtful of all of you to come and help us. We truly appreciate what you're doing here in the Philippines."

The MEDCAPs are part of Exercise Balikatan 2005, an annual combined bilateral exercise involving U.S. military and AFP personnel that enhances interoperability, military relationships and familiarity in working together to build capacity to respond to terrorist threats as well as natural disasters. Among this year's, the 21st in a series of Balikatan exercises, major priorities include a focus on humanitarian and civic assistance on the island of Luzon.

U.S. Navy Office of Naval Research
Awards Funding

Virtual Reality PTSD Therapy

Pacific Telehealth & Technology Hui (Hui) announced that an innovative behavioral health initiative that uses virtual reality (VR) therapy to treat post-traumatic stress disorder (PTSD) in warfighters returning from Iraq and Afghanistan has been awarded \$1.3 million in research funding as part of the Warfighter Mental Health Program at The Medical and Biological Science and Technology Division of the Office of Naval Research.

The project, 'Efficacy of Virtual Reality in Treating Post-Traumatic Stress Disorder in U.S. Warfighters Returning from Iraq and Afghanistan Combat Theaters,' is a

Tripler's National Prayer Breakfast Celebration



Spc. John Davis, Tripler staff, sings "God Bless America" during Tripler Army Medical Center's National Prayer Breakfast Feb. 23rd in the Tripler Dining Facility with the "Praying Hands" carved in ice in the forefront. The staff of Tripler's Dining Facility carved the hands. Chaplain (Col.) Kerry M. Steedley, the U.S. Army, Pacific Command chaplain, was the guest speaker for the event sponsored by Tripler's Department of Ministry and Pastoral Care.

Tripler's Master Sgt. Howell Lauded by Asst. Secretary of Defense Winkenwerder



Assistant Secretary of Defense for Health Affairs William Winkenwerder congratulates Air Force Master Sgt. Marvin Howell for being selected Senior NCO of the Year for the 2004 Air Force Element headquartered at Andrews Air Force Base, Maryland.

Howell, the non-commissioned officer in charge of the TRICARE Area Office - Pacific at Tripler Army Medical Center, was cited for his leadership in guiding more than 40 case managers and aeromedical evacuation clerks at 14 military treatment facilities in moving patients over many time zones and countries. Winkenwerder visited Hawaii Feb. 15 for briefings at Tripler and Camp Smith.

collaborative research project with the VA Pacific Islands Health Care System and Tripler Army Medical Center. The research initiative is the first to explore the use of VR to treat PTSD in returning warfighters.

PTSD is one of the most disabling psychological disorders affecting U.S. soldiers and veterans who have been exposed to combat. Three decades after the end of the Vietnam War, an estimated 839,000 veterans still suffer from chronic, combat-related PTSD. Because of the enormous burden PTSD places on the military and veterans, the U.S. Department of Defense and VA have placed a significant emphasis on early diagnosis and treatment of PTSD.

Sarah D. Miyahira, Ph.D., VA principal investigator and Hui director of intramural research, explains, "To date, most of the research on PTSD has been conducted on veterans. But the sooner we are able to diagnose soldiers with combat-related PTSD and treat them, the greater the prognosis for success."

Psychologists use cognitive behavioral therapy to treat behavioral health conditions like PTSD. Patients are exposed to real-life images of feared events in order to facilitate the cognitive and emotional healing needed for recovery. VR exposure therapy is used to augment traditional treatment approaches. By giving therapists a tool which allows them to guide a patient through a highly immersive virtual environment that triggers the intense sights, sounds and other sensory experiences they may have undergone in the original conflict, the patient can recall and deal with their memories of the traumatic events more effectively.

Behavioral health psychologists at Tripler Army Medical Center and the VA Pacific Islands Health Care System are working with Hunter Hoffman, Ph.D., of the Human Interface Technology Laboratory at the University of Washington – Seattle, to develop battlefield simulations for use in PTSD exposure therapy. Dr. Hoffman's work with virtual environments such as the World Trade Center attack and terrorist bus bombings was recently featured in *Scientific American*.

Raymond Folen, Ph.D., chief of Behavioral Health at Tripler Army Medical Center Department of Psychology and co-investigator of the research study, anticipates the VR environment will be ready for implementation in the research protocol for soldiers returning to Hawaii within six months.

The Pacific Telehealth & Technology Hui was formed in 1999 under joint agreement with the DOD Pacific Regional Medical Command at Tripler Army Medical Center and the VA Pacific Islands Health Care Systems in Honolulu. Under the agreement, formed with the support and encouragement of U.S. Senator Daniel K. Inouye, the DOD/VA joint venture serves as a research and development center for developing telemedicine and technology applications to support the healthcare needs of federal beneficiaries in the Pacific region. The Hui is jointly headquartered with the VA Pacific Islands Health Care Systems in Honolulu at Tripler Army Medical Center (TAMC).

For more information contact: Nancy Downes,
Marketing Specialist • (808) 433-7356 •
Nancy.Downes@med.va.gov • www.pacifichui.org

PHOTO: GEORGE KURISU



Red Cross Human Animal Bond Pet Therapists and their lucky caretakers pose during the American Red Cross Celebration at Tripler Army Medical Center March 11th.

Pet therapists and people who have contributed so much to Tripler's patients and staff:

Pet Therapists: Dogs - Einstein, Max, Fritz, Panzer, Heidi, Pili, Kanani, Pono, Kula, Willem and Pepeiao Bunny and Ekahi the Cat.

24 Volunteer Years: Barbara Graessle; **23 Years:** Bridget Murray and Roger Monsarrat; **22 Years:** Margaret Gilbert; **20 Years:** Nancy Lee; **19 Years:** Lawrence Heyenga; **18 Years:** Mooklan Winber; **17 Years:** Roberta Christiansen; **16 Years:** Sumiko Iwamoto, Thomas Matson, and Thomas Mastin; **15 Years:** Eloise Monsarrat; **14 Years:** Dr. Constance Hastings and Rhonda Plum; **13 Years:** Gertrud Lynagh; **12 Years:** Mitsue Kusatsu; **11 Years:** Ruth Hall, Bernice Oshita, and Gareth Noren; **10 Years:** Francis Yates; **7 Years:** March Cho and Elynore Cucinell; **6 Years:** Donnal Goldecamp, Judy Magin, John Magin and Margaret Tippy; **4 Years:** Gordon Cho, Robin Grain, Melida Knott, Evelyn Miranda, James Ornellas, Robert Rogers, Charles Smith and Paul Thames; **3 Years:** Louis Campo, Phillip DePorto, Lisa Detwiler, Robert Hart, Alice Hiromasa, Kim Hoeldtke, Andrew Hoover, Teresa Micheletti, Ruth Rosado, Michio Suzuki and Maria Swenka; **2 Years:** Paul Campbell, Richard DeCosta, Karin Kaneshiro, Benjamin Paquette, Leony Valdez and Charlotte Yamamoto; **1 Year:** Jesse Bayudan, Sandra

Collins, Chris Costa, Desiree Dirige, Helen Hroe, Nicole Keawe, Jamie Louis, Alan Lucas, Timothy Shoales, Marilyn Speichinger, Katherine Taylor and Cheryl Yoshida
Certificates of Appreciation: Jesse Bayudan, Eric Hill, Alfredo Bess-Guzman, Nathan Hoeldtke, Danielle Bibbs, Kressel Horio, Rachel Bingue, Terri Humphrey, Anita Bridges, Donna Ikeda, Judy Brooks, Erlinda Inamasu, Leslie Bruha, Benjamin Jenkins, Trina Bryant, Bryson Kamisato, Clarissa Burkert, June Keawe, Patricia Cameron, Crisalina Mabgual, Adrian Cash, Kathryn McPhink, Donna Cassels, Monika Oliva, Christopher Costa, Brenda Ponciano, Yvonne DeConinck, Cevon Rambo, Adrian Feijoo, Steve Ramseyer, Nicole Foras, Rachel Rabang, Rozena Govico, Georgia Reyna, Kyla Graham, Mary Shields, Scott Graham, Marina Silmon, Rinsei Haimoto, Leslie Sims, Edna Harrison, Lydia Tabisola, Sadie Hern, Carol Raschmann, Imelda Hightower, Eleanor Vega, Megan Way;
Tripler Outstanding Volunteer Awards: Donna Ikeda, Bernice Oshita and Lydia Tabisola
Teen Volunteer of the Year 2004: Nicole Keawe
Adult Volunteer of the Year 2004: Alice Hiromasa
Special Citation: Maria Swenka

Red Cross, continued from page 1

and gifts were all in place.

Chaplain (Col.) D. Taylor, chief of Tripler's Pastoral Care offered the invocation to the group that included Maj. Gen. Gale S. Pollock, Tripler's commanding general, and Coralie Matayoshi, chief executive officer (CEO) of the American Red Cross Hawaii State Chapter.

It was an outstanding celebration for those Red Cross Volunteers who were able to attend. In 2004, 209 people and animal volunteers generously contributed more than 21,000 volunteer hours. That includes 13 dogs, a cat and a bunny rabbit, and 400 hours of patient visits.

Rita Salvanera also recognized Tripler's Visual Information Technology Department for assisting with the printing, photography and sound system for the ceremony.

The Cookie Corner, Mrs. Fields Cookies, and Watanabe Floral Inc., were applauded for their continued donations along with the Pearl Harbor Performing Arts Association and the Matsuura's for their generous monetary donations.

Watanabe Floral Inc. has been generously donating flowers for more than 45 years to Tripler, Salvanera said.

The Red Cross has 3,000 volunteers in the state of Hawaii alone, said Coralie Matayoshi, CEO of the Hawaii State Chapter, in her closing remarks.

Preventive Medicine, continued from page 5

educate and empower people to take care of their own health.

The Community Health Nursing staff also provides health consultation services to Child and Youth Services, inspecting all day care centers, family child care homes, and youth centers to ensure health and sanitation standards are being met. Education is provided to child-care providers in the areas of communicable diseases, medication administration, Sudden Infant Death Syndrome (SIDS) and food sanitation. Community health nurses also provide home visitation services to pregnant women and families with young children through its New Parent Support Program.

The mission of ensuring healthier and safer workplaces for soldiers and civilian employees is carried out by the Industrial Hygiene and Occupational Health Sections. Industrial Hygienists monitor the workplace environment, identifying potential health

hazards. Examples would include monitoring air quality and noise levels in an aircraft hangar to ensure they meet with established guidelines. Occupational Health nurses and physicians provide medical surveillance and referral services for the military and civilian workforce. Hearing and vision conservation programs, as well as ergonomics are emphasized.

Tripler's Health Physics Section is concerned with radiation safety issues including protecting the staff, patients and general public from unnecessary radiation exposure and ensuring the hospital is prepared to handle accidents involving radiation. The Infection Control and Epidemiology Section focuses on the prevention of healthcare-associated infections among patients, healthcare providers and visitors. This is accomplished through education of staff and visitors on their roles in preventing infections and managing those with communicable diseases. The Epidemiology Section

analyzes, interprets, and reports information about the status, trends, and factors that affect the health of our population.

The health care arena has long recognized the importance of wellness and prevention in enhancing the health of our population as well as reducing costs related to the treatment of chronic and preventable diseases. The Army's public health professionals in Tripler's Department of Preventive Medicine play a major role in disease prevention and continue to strive to ensure that our community is a community of healthy people.

For more information on the services provided by the Preventive Medicine Team, please call 433-1093 or 6693.

(Contributing authors include the following Tripler Department of Preventive Medicine employees: Maj. Mary T. Christal, Community Health Nursing, Lt. Col. Mark Bower, chief of Health Physics, Judy M. Carlson, PhD. nurse researcher, and Stephen Yamada, chief of Infection Control and Epidemiology.)

Cochlear Implants, continued from page 3

(DOD) beneficiaries, a former Tripler pediatric otolaryngologist, Dr. Lenhanh Tran, has recently started a CI program at Kapiolani Medical Center for Women and Children in Honolulu.

The surgery is technically challenging, performed almost entirely under a microscope. However, selection and rehabilitation are the most critical aspects to the overall success of the program, especially for young children. CI users have to work hard at linking meaning with sounds. A coordinated effort between the state's Department of Education (DOE) and Department of Health, and the medical providers is needed to ensure success.

Tripler has found its team approach successful in treating CI patients. The team consists of program co-directors Ramsey and audiology chief Amy Hines, speech

For Further Information: Website Resources

Much information about cochlear implant surgery is available at various websites. Listed below are a few. On the last site below, you can listen to what a cochlear implant patient would "hear" through the device.

http://www.agbell.org/information/brochures_adults_cochlear.cfm

<http://www.entnet.org/healthinfo/ears/cochlear-implant.cfm>

<http://www.hearinglossweb.com/index.htm>

www.rushu.rush.edu/cds/ar/DEMOS/CIwebdemo



therapists, a psychiatrist, and social workers. For children attending public schools, the team includes DOE special education specialists. The team meets monthly to discuss the status of all patients and ways to improve their progress.

To help CI users and their families, Tripler Army Medical Center recently

helped start a support group for CI users, their parents and other family members, and professionals working with CI users.

For more information, contact Suzanne Leclaire at 433-3206, suzanne.leclaire@amedd.army.mil.

Q's and A's About Cochlear Implants

WHO ARE SUCCESSFUL COCHLEAR IMPLANT (CI) CANDIDATES?

Among Adults and Older Children

- ◆ Must have severe to profound hearing loss in both ears
- ◆ Hearing aids must provide little or no benefit
- ◆ Must be healthy enough to tolerate the surgery
- ◆ Must have clear understanding of its benefits and limitations
- ◆ Must be motivated to commit the time for pre-surgery evaluations and post-surgery follow-up services

Among Younger Children

- ◆ Parents of toddlers must understand the surgery's benefits and limitations
- ◆ Parents must be motivated to commit their and their child's time for pre-surgery and post-surgery services, including years of special training at home, clinic visits, and school programs

HOW DOES A PERSON NORMALLY HEAR?

The human ear consists of many parts that convert sound vibrations into electrical signals understood by the brain. In a normal ear, sounds go in the ear and vibrate the eardrum. The eardrum passes the vibrations to the inner ear, where three small bones

conduct the vibrations into the cochlea.

The cochlea consists of a chamber filled with 16,000 hair cells floating in a fluid. The sound vibrations cause the cochlea's fluid and hair cells to move. The cochlea's thousands of hair cells vibrate at the many frequencies of sound, allowing a person with normal hearing to hear a sound's richness, including its loudness, pitch, and "color." The hair cells then generate electrical impulses in the auditory nerve that travel to the area of the brain that recognizes them as the sound of raindrops, spoken words, etc.

Hearing loss involves damage to any of the vital ear organs, including the eardrum and the three small ear bones. Damage to the inner ear, or cochlea, however, is the most common cause of hearing loss. If the cochlea is damaged to a large enough degree, conventional hearing aids are of little help.

Today's cochlear implants use up to 22 channels on computer chips to transmit sound signals to the auditory nerve. It's not as sensitive as the 16,000 hair cells, but accurate enough to allow thousands of people to carry on phone conversations, enjoy concerts, and react to everyday sounds like someone's footsteps. Over half of implant users recognize speech without lip-reading.

WHAT DOES COCHLEAR IMPLANT SURGERY INVOLVE?

CI surgery carries the normal risks of major ear surgery requiring general anesthesia. The surgeon cuts a small flap in the skin behind one ear to drill a hole in the bone to access the inner ear. A wire is threaded into the inner ear and its receiver coil is set in the bone behind the ear. The surgeon then sutures back on the skin flap. Most patients spend the night in the hospital and are discharged the next day.

People with hearing loss differ in what frequencies they cannot hear. After the device is activated, it must be "tuned" or adjusted to that person's needs and comfort, somewhat like an equalizer on a high-end home entertainment sound system. Older children and adults learn how to adjust the processors themselves during therapy.

HOW MUCH BENEFIT CAN A PERSON GET FROM A COCHLEAR IMPLANT?

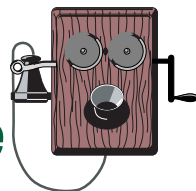
It depends on:

- ◆ How long a person has been deaf.
People who become deaf after they have already learned how to speak seem to benefit more than others.
- ◆ Those born deaf benefit more, if they receive the implant sooner than later
- ◆ The number of surviving auditory nerve fibers
- ◆ The implanted person's motivation to learn to hear

News Briefs ♦ News Briefs ♦ News Briefs ♦ News Briefs

24/7 Healthcare access for TRICARE Prime, Plus and Post-op Patients

New Contract for After-Hours Care



Tripler Army Medical Center's new after duty hours contract server is Health Care Answering Services. Eligible TRICARE Prime and TRICARE Plus patients should call their Primary Care Manager (PCM) Clinics and follow the prompts to connect to the service after hours.

Eligible patients who have the phone numbers from Tripler's old contract to Physicians Exchange need to know those numbers are no longer valid. Patients accessed the old number through their PCM Clinics or by calling 566-5005. Patients who called after hours for post-operative care to 566-5055 – should discard that

number also. Both numbers are no longer valid for Tripler patients.

Now, Tripler's PCM Clinics may be reached after hours at the following phone numbers:

Family Practice – 433-3300
 Pediatrics – 433-6697
 Adolescent Care – 433-9226
 Adult Medicine – 433-6641
 Schofield Barracks
 Family Practice 433-8102
 Schofield Barracks
 Troop Medical Clinic – 433-8102

After normal duty hours postoperative beneficiaries who experience problems or acute situations (other than emergencies) up to 14 days after surgery should be directed when discharged to call the Health Care Answering Services at 1-866-303-1159. Patients will be asked to provide the answering service with their full name, last four of the sponsor's Social Security Number, the type of surgery that was performed and a good contact number. **Tripler's Point of Contact** for additional information is Gina Bradford, Clinical Services Division, at 433-5243. **TriWest** – Tripler's civilian managed care partner may be reached at 1-888-TRIWEST (874-9378). Other resources are available at www.triwest.com; www.tricareonline.com; and www.tricare.osd.mil.



Congratulations to:

SSG Keith Canty (TAMC)
 CPT Cynthia Keyton (TAMC)
 SFC Guillermo Obando (TAMC)
 SSG Miguel Benzor-Anaya (TAMC)
 PFC Joseph Arias (TAMC)
 SGT Ricardo Carino (TAMC)
 MS Candace Craighead (TAMC)
 SSG Kawika Maskell (TAMC)
 MS Marimon Maskell (TAMC)
 SPC Jason Godwin (TAMC)
 SGT Jeffrey Jennelle (TAMC)
 1LT David Ouano (TAMC)
 CPT Dennis Mobley (TAMC)
 SGT Pablo Sanchez (TAMC)
 SGT Nicole Hanson (TAMC)
 SPC Kris Eglin (TAMC)
 PFC Methouna Phouthavone (TAMC)
 SGT Stephanie Dukes (TAMC)
 CPT Brian Lauer (TAMC)
 SGT Lino Arce (TAMC)
 MSG Esther Bulseco (9th RSC)
 SFC Susan Yamashige (9th RSC)
 SSG Patrick Aquino (9th RSC)

Doctors Urged to Mind Bedside Manners

If you want an idea of how much patients value a pleasant personality in their physician, consider that the Medical College of Ohio's largest individual gift ever, \$1.9 million, came with the demand it be used to teach bedside manner. The Ruth Hillebrand Clinical Skills Center, dedicated by the Toledo school this month, was borne of the estate of a New York psychologist who felt she had bad experiences with rude doctors. As the school told it, Hillebrand's doctor in New York called her late one night and told her she had mesothelioma. He said there was no treatment and no cure. Then he hung up. For the entire article, please go to <http://www.ama-assn.org/amednews/2005/03/21/pr120321.htm>

Reprinted from American Medical News,
 American Medical Association & Deployment Health News



Tripler's Blood Donor Center Needs Blood

Tripler Army Medical Center's Blood Donor Center was in immediate need of blood when we went to press March 23. It was blood types O Negative and B Positive that were in demand.

Please let's remember this is an ongoing life-saving need at Tripler. Encourage your family and friends to donate on a regular basis so we don't have to have emergency drives.



The donor center is on Tripler's second floor and is open Mondays – Thursdays, 8 a.m. – 2 p.m., and Fridays, 8 a.m. – noon. You may call Justin E. Metz, the blood donor recruiter, at 433-6148 for more information eligibility and planned blood drives. More information is also available at our website at www.tamc.amedd.army.mil. Scroll down on the webpage and click on Blood Donor Center. Thank you for giving the Gift of Life.